

Alternatives Trust East London

Trustees Annual Report and Unaudited Financial Statements Year ended 31 March 2023

Charity registration - 1103724

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Legal and administrative information

Charity name

Alternatives Trust East London

Other names

Alternatives
Alternatives Crisis Pregnancy Centre

Charity registration no.

1103724

Registered office and contact details

Forrest House
63 Rowntree Clifford Close
Liddon Road
Plaistow
London
E13 8AB

Trustees

Funmilade Aloutade	(appointed 16 March 2023)
Christopher Andrew	(resigned 16 March 2023)
Christina Baby	(resigned 16 March 2023)
John Coombs	(resigned 16 March 2023)
Hannah Davey	(appointed 16 March 2023)
Revd Canon Ann Easter	(Chair - resigned 16 November 2023)
Francesca Ojefua	
Andy Pople	
Rebecca Watherston	(Interim Chair - appointed 16 November 2023)

Independent examiner

Andy Nash Accounting & Consultancy Ltd
Units 24 & 25
Goodsheds Container Village
Hood Road
Barry
CF62 5QU

Trustees annual report

The Board of Trustees submit their annual report and the financial statements of Alternatives Trust East London for the period ended 31 March 2023.

The Board of Trustees confirms that the annual report and financial statements of the Charity comply with current statutory requirements, including the Charity Act 2011, as well as the requirements of the Society's governing document and the provisions of the 'Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) second edition (effective 1 January 2019)', and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Objectives and activities

The trust's objects are the advancement of education and preservation of health. The policies adopted in furtherance of these objects are the provision of education in the subject of pregnancy and termination of pregnancy, the preservation and protection of women's health, and the provision of counselling and assistance to women and their partners and families who are suffering as a result of pregnancy or related matters, and there has been no change in these during the year.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the trust should undertake.

Alternatives' holistic support aims to see fragile families move to firm foundations over 2-3 years. In the past year our work has helped reach our three aims for families:

- Women become more confident and capable parents

"I know better how to manage my children, not angry, but calm. I am good with children now."

- Women have increased self esteem

"Counselling has given me self-esteem. Not 100%, but maybe I've got 70% now."

- Families are less isolated and connected to a network of support

"I've got support that made me more confident. I've got friends, a social life as well. Otherwise, I was alone. I've got a support system. Staff are very helpful and understanding."

For children specifically our objectives are: Children will be more healthy; Children will have better relationships with their parents; and Children will have reduced isolation.

Achievements and performance in the year

During the past financial year, we moved out of the pandemic and straight into a Cost-of-Living Crisis in the UK. Alternatives saw women work together to meet both immediate and longer-term need, thanks to the efforts of our supporters, staff and volunteers.

Alternatives worked with more families and individuals than in any previous year, a sign of the challenging times as well as its clearer focus. In 2022/23 the charity worked directly with 143 families with 251 children, over 50% more than the last year. Its core work of counselling was boosted to help address the mental health toll left as the pandemic recedes and has extended to children for the first time.

Immediate practical needs were relived through the Food Club, Baby Bank, and casework – with a newly qualified Immigration Advisor joining the team in January 2023. Parenting support groups helped 'fragile

families move to firm foundations'. And we saw impressive commitment from women studying to fill in the gaps in their education – in some cases from growing up in an environment where girls could not go to school. This will help them to be ready to work as their family situations become more secure.

This is a challenging time for small charities like Alternatives but even more so for the families we are working with. We are grateful to all who are part of our community as we tackle them together.

Family Support

Support to families comprises the majority of Alternatives' work. This includes our 'We Are Family' monthly get togethers and outings; weekly WAF parenting group; casework; and parenting, emotional and practical support from a Family Support Worker. At any one time around 80 families will be supported by one of our five part time Family Support workers and of these 40 will receive more intensive support which means they get weekly, or even daily support.

"The family support group has helped me a lot. I have a space of my own to share my thoughts, fears and not feel judged".

"The support workers are receptive people. They call you if they haven't seen you to check up on you, ask about the kids, how are you. There is someone to talk to."

"Alternatives has really been there, really supported with the baby."

"I was pregnant and I was about to be homeless and I was scared to go to Social Services... My Family Support Worker encouraged me. She took me to the appointment. They gave me a place. Now I am happy, comfortable. The Local Authority is giving me S17 support... If not for Alternatives I would not have had courage to go. I would still be suffering. Alternatives has been a blessing, it remains a blessing."

"I feel happy. I feel wanted. I feel appreciated. It's the way they talk to you. They don't make you feel nobody, they make you feel loved."

Casework

As Casework Coordinator as well as a Family Support Worker, Yetunde's role requires her to work with almost all the families supported at Alternatives as they progress to the independent stage.

During this year we developed a scheme using the colours Red, Yellow, Green and Blue to measure the level of support and needs of each client, Red is seriously in need, Yellow is mild, Green is very little need, whilst Blue means they access our services but are not in need of additional Family Support. Using this system we are able to ensure no families fall between the cracks, and also record the wonderful progress they make.

Resolved Cases

Many of our casework cases take years to resolve, sometimes people come to us with big casework needs and sometimes small. In 2022/23 we resolved over 150 casework requests.



Even while cases are being worked on, women are better emotionally because they have support.

"I am so grateful you have been able to help me with my housing benefit and child benefit claim. I have no access to internet at home or a laptop. Filling these forms have been so overwhelming but with your support I have been able to do it and even got my payments."

Client Development

Women we work with said they wanted to fill in gaps in basic skills so they can go on to get qualifications and employment. Following a successful ESOL course at the start of 2022, this year Alternatives worked with Newham Adult Learning to run 10-week course basic Maths, using the 'Learning Hub' at our offices. Then in September 2022 we ran a 13-week Employability course delivered by Skills Enterprise. This helped women prepare for the Job market as well gaining an understanding of what is expected working in the UK.

Support worker Sheron organised the courses and supported the mums to participate, and Fateha cared for babies in the Family Room.

"The journey to class was always difficult but when I got here, I enjoyed the class, and working with everyone I know we are all in the same situation. I didn't think I could do it, but it really helped me to bring out knowledge that was buried."

Mum of four Abiola said coming back to studying maths after 17 years was a great struggle.

"The Employment training has helped me to correct my CV. The sessions prepared me for interview techniques and to be more confident."

Yuliia, a refugee from Ukraine, now has part-time jobs! One at Alternatives, where she applied successfully for the role of Food Club Co-ordinator maternity cover, and one at another local charity.

Food Bank and Baby Bank

Our weekly Food Club helped 68 families across 2022/23, made up of 185 individuals. Family sizes ranged from 2-7 people, and we provided food for an average of 21 families each week. Each family pays a small weekly fee and selects from a choice of food and toiletry items. Most of this is donated surplus food delivered weekly by wonderful partners The Felix Project and City Harvest. This is supplemented by generous donations from local schools, churches and community groups, plus the Food Club contributions.

Food Club was made possible by a team of 10 volunteers in 2022/23. Each week five people help with food deliveries on Tuesdays, and then on Wednesdays to set up and run Food Club. Most families at Food Club were supported in other ways by Alternatives. We had to stop taking referrals to Food Club, as we did not have the space to store any more food.

Baby Bank welcomed donations of good quality baby clothes and equipment, and passed them on to families who need them.

"Food Club has useful things that are needed. They asked us what we wanted and they listened. Alternatives listens. It is beautiful."

"I go to Food Club and Baby Bank every week and get things for my growing baby."

Counselling

Mental health needs increased in the wake of the pandemic, and Alternatives is grateful to a number of funders who allowed us to increase the counselling offer to meet that need.

Our partnership with Albanian charity Shpresa allowed us to run further psychoeducation groups to introduce the idea of caring for your mental health. All the women who took part went on to ask for 1-2-1

counselling and we have been able to fund a specialist interpreter to help with this.

We also worked with local educational psychologists Metaphors to begin a Therapeutic Story Group for children, our first therapeutic work with children in the families we work with. The results of this pilot project will be evaluated later in 2023.

Counselling Manager Sandra moved on during the year, and we successfully recruited Caroline, an experienced new counselling manager.

“I have been through so many mental health institutions, but they have always made me feel worse. Coming to Alternatives counselling with you has been different. You have really helped me because you heard my story, you took me at my own pace. I see things differently for myself now and I could not have got to this point without your help. Thank you for being there for me.”

“I want to thank you for listening to me, it has really helped me to work through my issues and that was what I always needed, for someone to listen.”

WAF Angels

In March 2022 Alternatives launched WAF Angels, a social enterprise cleaning business designed to give ethical employment to women it works with, and build their skills and confidence. The aim is to eventually generate income for the charity. This ran throughout the year led by project manager Sukaina. For more information please visit wafangels.co.uk

Social Justice through Childcare

Fateha our childcare worker ran a fantastic creche in our Family Room to enable mothers to attend counselling appointments and basic skills courses. Childcare is a huge barrier to accessing these services, we are so proud that we are able to provide this service and truly believe childcare is a justice issue. Providing free childcare meant women could access desperately needed support. Fateha also provided play at our monthly WAF get-togethers, and during the winter we offered weekly ‘Stay and Play’ sessions for families so that they could stay warm.

Fateha said “Most of the children don’t have much space to run around and play in their own homes and mums love to see their children have that space to play. Children also don’t have many toys at home to play and learn. Mums have mentioned they love to come here with their children because of the space and it is warmer than their homes.”

2022/23 in numbers

- 574 individuals supported – the highest number ever
- 151 advocacy appointments
- 987 Christmas and birthday gifts given
- 2,074 food bags given (a 57% increase on last year)
- 1,325 hours of volunteer time donated
- 265 donations to families of baby clothes and equipment
- 714 welfare checks by family support workers
- 78 attending We are Family
- 375 counselling hours

Funding and Donations

It has been a challenging year for many charities as the need for services grew post pandemic and into the cost of living crisis. As trusts and foundations reported an increase in demand for funding, our fundraiser had to work harder than ever to secure enough to cover our vital projects. Despite this, Alternatives remained in a strong financial position. Unrestricted spending was slightly higher than income due to investment in WAF Angels social enterprise. Restricted spending was slightly lower than income due to carrying forward projects into the new year. The launch of our social enterprise has meant an increase to both income and expenditure and kick started our plans to diversify income streams and become less reliant on grant funding.

We are grateful to all our volunteers and supporters who gave funds and in-kind donations during the year. These include individuals, churches, schools, and many other organisations. We would like to thank the following organisations for financial or in-kind support:

Albert Hunt Trust, Ascension Church, Asda Foundation, Aspers Good Causes Fund, Awards for All England from the National Lottery Trust, BBC Children in Need, Benefact Trust, Bruderhof Community, Calverton School, CEM Church, Central Park Primary School, City Harvest, City of London Corporation, Clothworkers Foundation, Cooperative Community Fund, Company of Secretaries and Actuaries, Custom House Baptist Church, Drapers' Charitable Fund, Felix Project, Garfield Weston Foundation, Hospital Saturday Fund, Kingswood House School, Lloyds Bank Foundation, London Borough of Newham, London Catalyst, Masonic Charitable Foundation, Memorial Community Church, Mrs Smith and Mount Trust, Necessity, Newham Food Alliance, Parish of St Giles and St George Ashted, Petts Wood Christ Church, Plaistow Christian Fellowship, Rausing Foodbank Fund, Rotary Club Stratford, Scott Wilkie School, Southall Trust, St Oswald's Croxley Green, St George's and Ethelbert's East Ham, Tin in a Bin, The 7 Stars Foundation, The Childhood Trust, The Southall Trust, Trusthouse Charitable Foundation, Wanstead Parish, Worshipful Company of Insurers.

Structure, governance & management

Alternatives Trust East London is a trust and was established by a charitable trust deed on 20 April 2004.

Organisational Structure

The trustees meet at least four times a year to oversee the charity's work. Day-to-day operations are dealt with by the paid, freelance professional and volunteer staff under the overall management of the Charity Director. At the time of signing off this report, the General Manager (Lizi Oni) has stepped into an Acting Director role as an interim arrangement after the Director (Elizabeth Booker) left at the end of October 2023. A recruitment process is currently taking place with a view to appoint in January 2024.

Grateful thanks to Elizabeth who has steered the organisation with excellence and faithfulness, and to Lizi for taking on this extra responsibility in the interim.

The trustees have assessed the major risks to which the trust is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Selection and appointment of Trustees

New trustees are appointed by the agreement of the existing trustees.

Grateful thanks to Chris Andrew, Christina Baby and John Coombs who have resigned as trustees in the past year. We appreciate the many years of services offered by each of them. We are delighted to welcome two new trustees: Funmilade Aloutade and Hannah Davey.

Trustee Induction and Training

On their appointment, new Trustees are provided with information, in the form of an induction pack, on their role as a Trustee. Ongoing training is provided as required.

Risk management

Trustees have reviewed the major risks to which the charity is exposed and systems or procedures have been put in place to manage those risks. A risk register is reviewed at each quarterly trustee meeting.

Financial review

During the current year the Charity achieved a surplus of £12,993 (15 months ended 31 March 2022: deficit of £44,368). This resulted in total reserves increasing in the period to £199,633 (31 March 2022: £186,640).

The Trustees are satisfied with the financial performance of the Charity throughout the year.

Of the total reserves held at period end £134,802 were unrestricted as to use (31 March 2022: £142,529), however only £74,196 were available as general funds (31 March 2022: £79,017).

Reserves policy

It is the policy of the trust that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months' expenditure. The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the trust's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Statement of Board of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations. Charity law requires the Trustees to prepare financial statements for each financial year. Under that law they are required to prepare the financial statements in accordance with UK Accounting Standards and applicable law (UK Generally Accepted Accounting Practice), including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

Under charity law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of the excess of income over expenditure for that year. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and,
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue its activities.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the Charity and to prevent and detect fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions. In addition, the Trustees confirm that they are happy that content of the annual review in pages 5 to 11 of this document meet the requirements of the Trustees' Annual Report under charity law.

They also confirm that the financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the Charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102, The Financial Reporting Standard applicable

in the UK and Republic of Ireland published on 16 July 2014.

This report was approved and authorised for issue by the Board of Trustees on 7 December 2023 and signed on its behalf by:

REBECCA WATHERSTON
INTERIM CHAIR OF TRUSTEES

Independent examiner's report

I report to the Trustees on my examination of the accounts of Alternatives Trust East London (Charity number 1103724) for the year ended 31 March 2023 which are set out on pages 14 to 27.

Respective responsibilities of trustees and examiner

The Charity's Trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Charities Act). The Charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and,
- to state whether particular matters have come to my attention.

This report, including my statement, has been prepared for and only for the Charity's Trustees as a body. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body for my examination work, for this report, or for the statements I have made.

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

A handwritten signature in black ink, appearing to read 'APNash', followed by a long horizontal line extending to the right.

ANDREW PHILIP NASH ACA

MEMBER OF THE INSTITUTE OF CHARTERED ACCOUNTANTS IN ENGLAND AND WALES – 2461833

DATED: 7 DECEMBER 2023

Andy Nash Accounting & Consultancy Ltd
Units 24 & 25
Goodsheds Container Village
Hood Road
Barry
CF62 5QU

Statement of financial activities

For the year ended 31 March 2023

		Unrestricted Funds Year ended 31 Mar 2023 £	Restricted Funds Year ended 31 Mar 2023 £	Total Funds Year ended 31 Mar 2023 £	Total Funds 15 mths to 31 Mar 2022 £
	Notes				
Income from:					
Donations and legacies	3	72,174	243,055	315,229	321,057
Charitable activities	4	27,870	-	27,870	28,584
Total income		100,044	243,055	343,099	349,641
Expenditure on:					
Raising funds	5 & 6	12,783	-	12,783	18,803
Charitable activities	5 & 7	94,988	222,335	317,323	375,206
Total expenditure		107,771	222,335	330,106	394,009
Net income/(expenditure)		(7,727)	20,720	12,993	(44,368)
Transfers between funds	12	-	-	-	-
Net movement in funds		(7,727)	20,720	12,993	(44,368)
Reconciliation of funds:					
Funds brought forward	12 & 13	142,529	44,111	186,640	231,008
Funds carried forward	12 & 13	134,802	64,831	199,633	186,640

The notes on pages 16 to 27 form part of the financial statements.

Balance sheet

As at 31 March 2023

			Total funds 31 Mar 2023	Total funds 31 Mar 2022
	Notes	£	£	£
Fixed assets				
Tangible fixed assets	9		7,852	14,648
Current assets				
Debtors and prepayments	10	15,062		42,545
Cash at bank and in hand		<u>233,979</u>	<u>176,393</u>	
		249,041		218,938
Liabilities				
Amounts falling due within one year	11	<u>(57,260)</u>	<u>(46,946)</u>	
Net current assets			191,781	171,992
Net assets			199,633	186,640
Funds of the charity				
Restricted	12 & 13		64,831	44,111
Unrestricted				
General	12 & 13	74,196		79,017
Development fund	12 & 13	<u>60,606</u>	<u>63,512</u>	
Unrestricted			134,802	142,529
Total funds			199,633	186,640

The notes on pages 16 to 27 form part of the financial statements.

These financial statements were approved and authorised for issue by the Board of Trustees on 7 December 2023 and signed on their behalf by:

REBECCA WATHERSTON
INTERIM CHAIR OF TRUSTEES

Notes to the financial statements

1. Accounting policies

Basis of preparation of the financial statements

The financial statements have been prepared in accordance with 'Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) second edition (effective 1 January 2019)', the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), including Update Bulletin 1, and relevant charities law.

The effect of any event relating to the year ended 31 March 2023, which occurred before the date of approval of the financial statements by the Board of Trustees has been included in the financial statements to the extent required to show a true and fair view of the state of affairs at 31 March 2023 and the results for the period ended on that date.

Under the exemption available to smaller charities the Board of Trustees has chosen not to include a Statement of Cash Flows within the financial statements.

The functional currency of the Charity is sterling and amounts in the financial statements are rounded to the nearest pound.

Legal status

Alternatives Trust East London is a charitable trust registered in England & Wales, and meets the definition of a public benefit entity. The registered office is Forrest House, 63 Rowntree Clifford Close, Liddon Road, Plaistow, London, E13 8AB.

Going concern

The financial statements have been prepared on the going concern basis as the Board of Trustees is confident that future reserves and future income is more than sufficient to meet current commitments. There are no material uncertainties that impact this assessment, and the ongoing uncertainty within the wider economic environment has had no material impact on this assessment.

Change in accounting period

During the previous financial period the Trustees agreed to amend the accounting year end date from 31 December to 31 March, via a resolution at the board meeting on 22 September 2022, and to apply this to the period that commenced on 1 January 2021 and ran until 31 March 2022. This decision was made to ensure that the financial statements fitted more closely to the financial tax year. This means there are limitations with the comparatives as they represent a fifteen month period as opposed to the current period figures which represent a twelve month period.

Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds that are to be used in accordance with specific restrictions imposed by donors or that have been raised by the Charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in note 12 of the financial statements.

Income

Income is recognised when the Charity has entitlement to the funds, any performance indicators attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be measured reliably.

1. Accounting policies (continued from previous page)

Income (continued from previous page)

Donations are recognised in full in the Statement of Financial Activities when entitled, receipt is probable and when the amount can be quantified with reasonable accuracy. Gift aid receivable is included when claimable – i.e. when the eligible donation is received.

Grant income is credited to the Statement of Financial Activities when received or receivable whichever is earlier, unless the grant relates to a future year, in which case it is deferred.

Income from charitable activities is credited to the Statement of Financial Activities when received or receivable whichever is earlier, unless it relates to a specific future period or event, in which case it is deferred.

Expenditure and irrecoverable VAT

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities.

Indirect costs, including governance costs, which cannot be directly attributed to activities, are allocated between activities proportionate to the direct costs incurred in those activities. Irrecoverable VAT is charged against the category of expenditure for which it was incurred.

Tangible fixed assets and depreciation

Any assets costing more than £500 are capitalised other than those purchased using restricted funds. Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their residual value, over their useful life, on the following basis:

Leasehold improvements	10% p.a. on cost
Fixtures, fittings & equipment	25% p.a. on net value
Computers	25% p.a. on cost

Cash at bank and in hand

Cash at bank and in hand includes cash in hand, deposits with banks and funds that are readily convertible into cash at, or close to, their carrying values, but are not held for investment purposes.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount is applied.

Creditors

Creditors are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party, and the amount due to settle the obligation can be measured or estimated reliably.

Financial instruments

Basic financial instruments are measured at amortised cost other than investments which are measured at fair value.

1. Accounting policies (continued from previous page)

Critical estimates and judgements

In preparing financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements. The treatment of tangible fixed assets is sensitive to changes in useful economic lives and residual values of assets. These are reassessed annually. In the view of the Trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

Pensions

The Charity operates a defined contribution pension scheme which is administered by an external independent pension provider. Contributions are recognised in the Statement of Financial Activities as they fall due.

2. Comparative statement of financial activities

		Unrestricted Funds 15 mths to 31 Mar 2022 £	Restricted Funds 15 mths to 31 Mar 2022 £	Total Funds 15 mths to 31 Mar 2022 £
	Notes			
Income from:				
Donations and legacies	3	65,408	255,649	321,057
Charitable activities	4	24,764	3,820	28,584
Total income		90,172	259,469	349,641
Expenditure on:				
Raising funds	5 & 6	18,803	-	18,803
Charitable activities	5 & 7	89,083	286,123	375,206
Total expenditure		107,886	286,123	394,009
Net income/(expenditure)		(17,714)	(26,654)	(44,368)
Transfers between funds	12	-	-	-
Net movement in funds		(17,714)	(26,654)	(44,368)
Reconciliation of funds:				
Funds brought forward	12 & 13	160,243	70,765	231,008
Funds carried forward	12 & 13	142,529	44,111	186,640

3. Income from donations and legacies

	Unrestricted Funds Year ended 31 Mar 2023 £	Restricted Funds Year ended 31 Mar 2023 £	Total Funds Year ended 31 Mar 2023 £
Grants	38,396	239,887	278,283
Donations	33,778	3,168	36,946
	72,174	243,055	315,229
	Unrestricted Funds 15 mths to 31 Mar 2022 £	Restricted Funds 15 mths to 31 Mar 2022 £	Total Funds 15 mths to 31 Mar 2022 £
Grants	30,631	237,257	267,888
Donations	34,777	18,392	53,169
	65,408	255,649	321,057

4. Income from charitable activities

	Unrestricted Funds Year ended 31 Mar 2023 £	Restricted Funds Year ended 31 Mar 2023 £	Total Funds Year ended 31 Mar 2023 £
Charitable rental income	13,994	-	13,994
Consultancy and training	1,355	-	1,355
Other charitable income	12,521	-	12,521
	27,870	-	27,870
	Unrestricted Funds 15 mths to 31 Mar 2022 £	Restricted Funds 15 mths to 31 Mar 2022 £	Total Funds 15 mths to 31 Mar 2022 £
Charitable rental income	15,884	-	15,884
Consultancy and training	1,145	-	1,145
Other charitable income	7,735	3,820	11,555
	24,764	3,820	28,584

5. Total expenditure

	Direct staff costs	Direct other costs	Indirect costs	Total costs
	Year ended 31 Mar 2023	Year ended 31 Mar 2023	Year ended 31 Mar 2023	Year ended 31 Mar 2023
	£	£	£	£
Expenditure on:				
Raising funds	8,257	891	3,635	12,783
Charitable activities	191,664	35,419	90,240	317,323
	199,921	36,310	93,875	330,106

	Direct staff costs	Direct other costs	Indirect costs	Total costs
	15 mths to 31 Mar 2022	15 mths to 31 Mar 2022	15 mths to 31 Mar 2022	15 mths to 31 Mar 2022
	£	£	£	£
Expenditure on:				
Raising funds	9,988	2,452	6,363	18,803
Charitable activities	181,696	66,543	126,967	375,206
	191,684	68,995	133,330	394,009

Indirect costs, including governance costs, which cannot be directly attributed to activities, were allocated between cost centres proportionate to the direct staff and other costs allocated to those activities.

An analysis of costs of raising funds split between restricted and unrestricted funds can be found in note 6.

An analysis of charitable activities split between restricted and unrestricted funds can be found in note 7.

An analysis of staff costs can be found in note 8.

5. Total expenditure (continued from previous page)

Indirect costs includes:

	Total costs Year ended 31 Mar 2023 £	Total costs 15 mths to 31 Mar 2022 £
Staff costs	28,029	43,688
Premises	24,880	44,067
Administration	30,642	21,091
Depreciation	5,754	9,547
Loss on disposals	-	5,342
Impairment loss	3,106	8,131
Independent examination	1,464	1,464
	93,875	133,330

6. Expenditure on raising funds

	Unrestricted Funds Year ended 31 Mar 2023 £	Restricted Funds Year ended 31 Mar 2023 £	Total Funds Year ended 31 Mar 2023 £
Direct staff costs	8,257	-	8,257
Direct other costs	891	-	891
Indirect costs	3,635	-	3,635
	12,783	-	12,783

	Unrestricted Funds 15 mths to 31 Mar 2022 £	Restricted Funds 15 mths to 31 Mar 2022 £	Total Funds 15 mths to 31 Mar 2022 £
Direct staff costs	9,988	-	9,988
Direct other costs	2,452	-	2,452
Indirect costs	6,363	-	6,363
	18,803	-	18,803

7. Expenditure on charitable activities

	Unrestricted Funds Year ended 31 Mar 2023 £	Restricted Funds Year ended 31 Mar 2023 £	Total Funds Year ended 31 Mar 2023 £
Direct staff costs	17,949	173,715	191,664
Direct other costs	8,694	26,725	35,419
Indirect costs	68,345	21,895	90,240
	94,988	222,335	317,323

	Unrestricted Funds 15 mths to 31 Mar 2022 £	Restricted Funds 15 mths to 31 Mar 2022 £	Total Funds 15 mths to 31 Mar 2022 £
Direct staff costs	-	181,696	181,696
Direct other costs	42,642	23,901	66,543
Indirect costs	46,441	80,526	126,967
	89,083	286,123	375,206

8. Staff costs

	Total costs Year ended 31 Mar 2023 £	Total costs 15 mths to 31 Mar 2022 £
Gross salary	216,754	222,915
Employer's NIC	7,876	9,007
Employer's pension	3,320	3,450
	227,950	235,372

The average headcount during the period was 14 persons (15 months ended 31 March 2022: 12 persons).

No employee received employee benefits above £60,000 (15 months ended 31 March 2022: Nil).

The total employee benefits paid to key management personnel during the year was £41,286 (15 months ended 31 March 2022: £47,688).

9. Tangible fixed assets

	Leasehold improvements	Fixtures & fittings	Computers	Total
	£	£	£	£
Cost				
As at 1 April 2022	26,656	11,769	20,690	59,115
Additions	-	-	2,064	2,064
As at 31 March 2023	26,656	11,769	22,754	61,179
Accumulated depreciation				
As at 1 April 2022	18,526	9,761	16,180	44,467
Charge in year	2,139	496	3,119	5,754
Impairment	3,106	-	-	3,106
As at 31 March 2023	23,771	10,257	19,299	53,327
Net book value				
As at 1 April 2022	8,130	2,008	4,510	14,648
As at 31 March 2023	2,885	1,512	3,455	7,852

An impairment has been recognised against the leasehold improvements as the landlord has given notice to vacate the premises at the end of the current lease in October 2023.

10. Debtors and prepayments

	Total funds 31 Mar 2023	Total funds 31 Mar 2022
	£	£
Accounts receivable	3,192	14,416
Prepayments	5,766	3,398
Accrued income	2,756	18,394
Gift aid recoverable	1,515	1,515
Other debtors	1,833	4,822
	15,062	42,545

11. Creditors: amounts falling due within one year

	Total funds 31 Mar 2023 £	Total funds 31 Mar 2022 £
Accounts payable	5,135	2,267
PAYE control	56	-
Pensions control	-	604
Accruals	2,248	2,163
Deferred income	49,821	41,912
	57,260	46,946

Deferred income consists of the following grant income:

	Total funds 31 Mar 2023 £	Total funds 31 Mar 2022 £
As at 1 April 2022	41,912	71,720
Amounts released in year	(41,912)	(71,720)
Amounts deferred in year	49,821	41,912
As at 31 March 2023	49,821	41,912

12. Analysis of charity funds

	Balance brought forward Year ended 31 Mar 2023 £	Income in the period Year ended 31 Mar 2023 £	Expenditure in the period Year ended 31 Mar 2023 £	Transfers between funds Year ended 31 Mar 2023 £	Balance carried forward Year ended 31 Mar 2023 £
Restricted funds					
ASDA Foundation	-	1,500	(1,500)	-	-
Aspers	2,041	1,080	(3,121)	-	-
Awards for All	1,466	2,500	(3,966)	-	-
Benefact Trust	-	18,500	(2,934)	-	15,566
Big Give	1,058	-	(1,058)	-	-
Charles French	1,105	-	(1,105)	-	-
Children in Need	4,213	32,519	(34,895)	-	1,837
City Bridge Trust	(2)	35,351	(35,187)	-	162
Clothworkers	5,938	-	(5,494)	-	444
COVID relief	1,764	-	(1,764)	-	-
Comic Relief	208	-	(81)	-	127
Drapers	-	6,792	(4,406)	-	2,386
Education	1,697	-	-	-	1,697
Food Club	3,706	3,095	(5,687)	-	1,114
Garfield Weston	-	25,000	(25,000)	-	-
Henry Smith	2,761	-	(2,761)	-	-
Health Partners	-	7,723	(3,552)	-	4,171
LBN Mental Health	-	10,000	(9,117)	-	883
Lloyds	1,382	27,250	(24,118)	-	4,514
London Catalyst	1,251	-	(1,251)	-	-
Mrs Smith & Mount Trust	-	6,667	(1,713)	-	4,954
Rausing Trust	-	12,091	(2,640)	-	9,451
Building fund	7,542	-	-	-	7,542
Restricted assets	6,524	-	(6,524)	-	-
Safe Place	220	-	(153)	-	67
Stepping Stones	(2,248)	36,304	(24,140)	-	9,916
SW-HAM	-	3,100	(3,100)	-	-
Toy appeal	-	1,420	(1,420)	-	-
Trusthouse	3,485	6,663	(10,148)	-	-
WF Southall Trust	-	3,000	(3,000)	-	-
7 Stars Foundation	-	2,500	(2,500)	-	-
Total restricted	44,111	243,055	(222,335)	-	64,831
Unrestricted					
General	79,017	100,044	(104,865)	-	74,196
Development fund	63,512	-	(2,906)	-	60,606
Total unrestricted	142,529	100,044	(107,771)	-	134,802
	186,640	343,099	(330,106)	-	199,633

12. Analysis of charity funds (continued from previous page)

	Balance brought forward 15 mths to 31 Mar 2022 £	Income in the period 15 mths to 31 Mar 2022 £	Expenditure in the period 15 mths to 31 Mar 2022 £	Transfers between funds 15 mths to 31 Mar 2022 £	Balance carried forward 15 mths to 31 Mar 2022 £
Restricted funds					
All Churches	-	17,700	(17,700)	-	-
Aspers	-	3,241	(1,200)	-	2,041
Awards for All	-	7,500	(6,034)	-	1,466
Big Give	-	17,580	(16,522)	-	1,058
Charles French	1,105	-	-	-	1,105
Children in Need	8,674	41,437	(45,898)	-	4,213
City Bridge Trust	4,058	23,837	(27,897)	-	(2)
Clothworkers	-	10,000	(4,062)	-	5,938
COVID relief	4,752	-	(2,988)	-	1,764
Comic Relief	-	2,007	(1,799)	-	208
Education	3,797	-	(2,100)	-	1,697
Food Club	-	5,632	(1,926)	-	3,706
Henry Smith	17,369	-	(14,608)	-	2,761
LBN Covid Winter	-	1,826	(1,826)	-	-
Lloyds	2,350	12,917	(13,885)	-	1,382
London Catalyst	1,688	1,000	(1,437)	-	1,251
London Funders	-	9,020	(9,020)	-	-
MIND	-	6,033	(6,033)	-	-
Restricted assets - building fund	1,542	6,000	-	-	7,542
Restricted assets	21,445	-	(14,921)	-	6,524
Safe Place	2,000	2,000	(3,780)	-	220
Stepping Stones	-	8,304	(10,552)	-	(2,248)
SW-HAM	-	3,100	(3,100)	-	-
SWIRE	-	10,000	(10,000)	-	-
Trusthouse	1,985	25,002	(23,502)	-	3,485
TT Staff Welfare	-	2,000	(2,000)	-	-
Tudor Trust	-	43,333	(43,333)	-	-
Total restricted	70,765	259,469	(286,123)	-	44,111
Unrestricted					
General	74,888	90,172	(85,043)	(1,000)	79,017
Development fund	85,355	-	(22,843)	1,000	63,512
Total unrestricted	160,243	90,172	(107,886)	-	142,529
	231,008	349,641	(394,009)	-	186,640

13. Analysis of net assets

	Unrestricted Funds 31 Mar 2023 £	Restricted Funds 31 Mar 2023 £	Total Funds 31 Mar 2023 £
Fixed assets	7,852	-	7,852
Current assets	184,210	64,831	249,041
Current liabilities	(57,260)	-	(57,260)
	134,802	64,831	199,633

	Unrestricted Funds 31 Mar 2022 £	Restricted Funds 31 Mar 2022 £	Total Funds 31 Mar 2022 £
Fixed assets	8,124	6,524	14,648
Current assets	181,351	37,587	218,938
Current liabilities	(46,946)	-	(46,946)
	142,529	44,111	186,640

14. Trustee remuneration

During the year, no trustee received any remuneration (15 months ended 31 March 2022: £Nil). No members of the Board of Trustees received reimbursement of expenses (15 months ended 31 March 2022: £Nil).

15. Related party transactions

During the year there were no related party transactions (15 months ended 31 March 2022: £Nil).

16. Other financial commitments

At 31 March 2023, the Charity had annual future minimum lease payments under non-cancellable operating leases (all for property) as set out below:

	Total 31 Mar 2023 £	Total 31 Mar 2022 £
In one year	8,581	16,200
In two to five years	-	8,581
	8,581	24,781

